

I claim:

1. A sports swing training apparatus for use in conjunction with a sports implement, the apparatus comprising:

a hollow, inflatable plastic body member having a central axis and comprising a core portion with a central opening formed therein adapted to receive a shaft of the sports implement, said central opening extending through said body member along its central axis, and a plurality of wing sections attached to said core portion and extending outwardly therefrom in an inflated configuration of the apparatus.
2. The apparatus of Claim 1, wherein said body member comprises a felted, flocked fabric or other non-glossy surface on the interior of said central opening.
3. The apparatus of Claim 1, wherein said body member is substantially X-shaped in cross section, and wherein said wing sections are spaced substantially 90 degrees apart.
4. The apparatus of Claim 1, wherein said body member further comprises ribs positioned thereon between adjacent wing sections.
5. The apparatus of Claim 1, further comprising an attachment loop or hook attached to said body member for use in connecting said apparatus to an accessory.

1       6. The apparatus of claim 1, wherein the core portion has a slit formed therein substantially  
2           parallel to the central axis, and at least one fastener for attaching the sides of said core  
3           portion together at said slit.

1       7. A sports swing training apparatus for use in conjunction with a sports implement, the  
2           apparatus comprising:

3           a plastic body member formed from a closed-cell foam material and having a central axis, said  
4           body member comprising a core portion with a central opening formed therein to receive a shaft  
5           of the sports implement, said central opening extending through said body member along its  
6           central axis, and

7           a plurality of wing sections integrally formed with and extending outwardly from said core  
8           portion.

1       8. The apparatus of Claim 7, wherein said body member comprises a felted, flocked fabric or  
2           other non-glossy surface on the interior of said central opening.

1       9. The apparatus of Claim 7, wherein said body member is substantially X-shaped in cross  
2           section, and wherein said wing sections are spaced substantially 90 degrees apart.

1       10. The apparatus of Claim 7, further comprising an attachment loop or hook attached to said  
2           body member for use in connecting said apparatus to an accessory.

1       11. The apparatus of claim 7, wherein the core portion has a slit formed therein substantially  
2                   parallel to the central axis, and a fastener for attaching the sides of said core portion  
3                   together at said slit.

1       12. A sports swing training apparatus comprising:  
2                   an elongate, one-piece body member comprising a unitary inflatable plastic member having a  
3                   core portion and a central axis, said body member having at least one fastener thereon for  
4                   attaching the sides of said core portion together at said slit; and  
5                   a plurality of wing sections integrally formed with and extending outwardly from said core  
6                   portion;  
7                   wherein said body member has central opening formed therein that extends therethrough along  
8                   its central axis, and wherein said core portion has a slit formed therein substantially parallel to  
9                   the central axis and in communication with said central opening.

1       13. The apparatus of Claim 12, wherein said wing sections have flattened outer ends.

1       14. The apparatus of Claim 12, wherein said body member comprises a series of ribs located  
2                   in the areas located between each wing section.

1       15. The apparatus of Claim 12, wherein said body member comprises a felted, flocked fabric  
2                   or other non-glossy surface on the interior of said central opening.

1       16. The apparatus of Claim 12, wherein said body member is substantially X-shaped in cross  
2                   section, and wherein said wing sections are spaced substantially 90 degrees apart.

1        17. The apparatus of Claim 7, further comprising an attachment loop or hook attached to said  
2        body member for use in connecting said apparatus to an accessory.